

## SIGNIFICANCE OF METACOGNITION IN ACADEMIC ACHIEVEMENT

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### ABSTRACT

The study was conducted on a sample of 100 students (of B.com) purposively drawn from Maharaja College, Chhattarpur (M.P.). Metacognition Inventory (M.C.I.) constructed by Dr. Punita Govil (2003) was used to assess the met cognitive level of the sample. Sample was divided into two G1 and G2. G1 students acquired less than 55%. Results reveal that there is increased with the level of metacognition. Metacognition enables a person not only to plan out administer or regulate a task but it also helps in when, which strategy is to be used for a task. On gender-wise comparison, it was sound that there was no difference between groups on the basis of gender but the scores differ with the performance in academic. Hence, if the students are instructed to increase their metacognitive level with the help of experts; an increase in academic can also be seen.

**KEYWORDS:** Metacognition, and Academic Achievement